

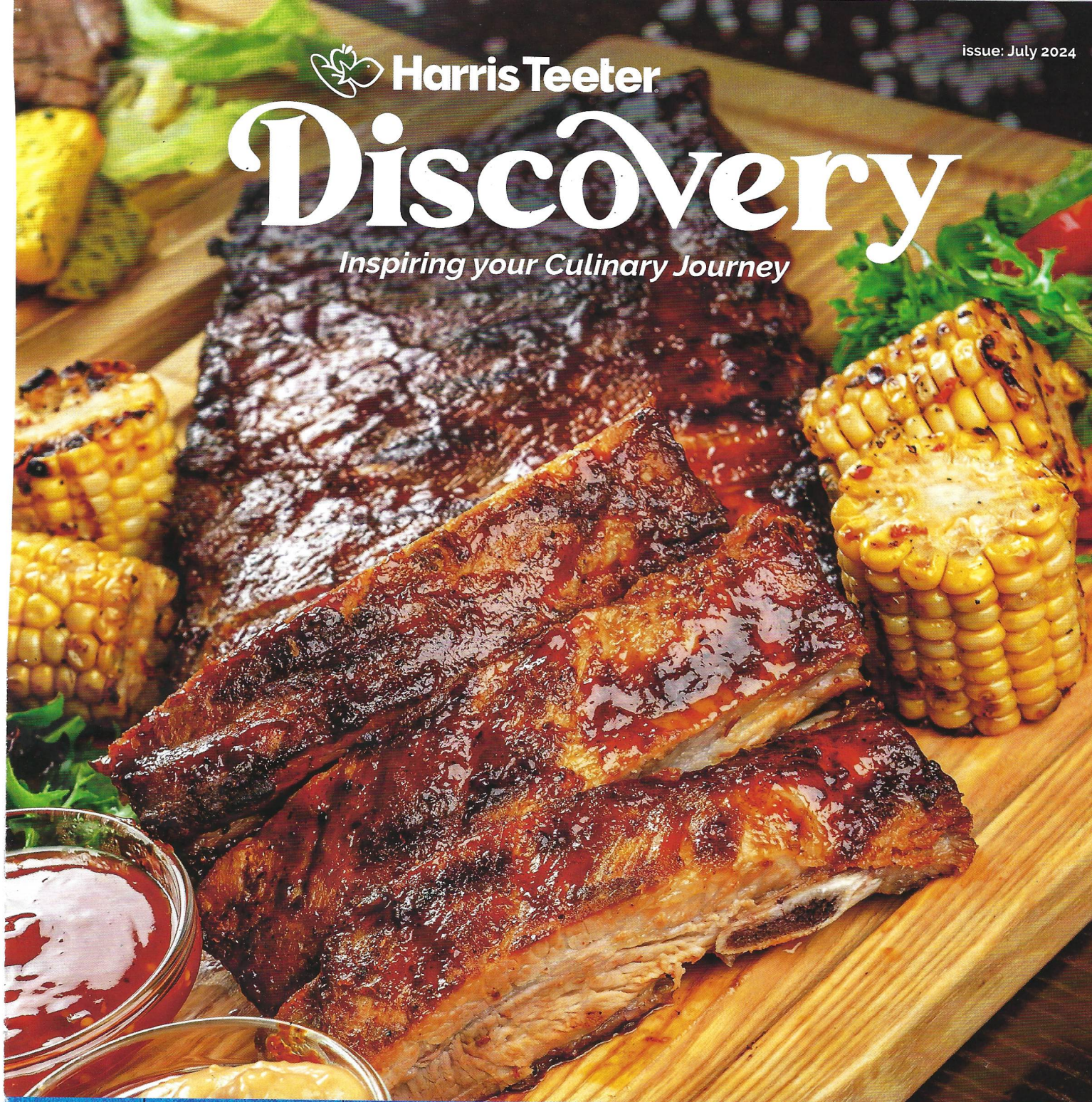


Harris Teeter

Issue: July 2024

Discovery

Inspiring your Culinary Journey



Simply Summer at Harris Teeter

What's Inside:

- Organic Produce Savings
- More Ways to Save
- July 4th Grilling
- Kids' Activity Page

Discover What's Happening



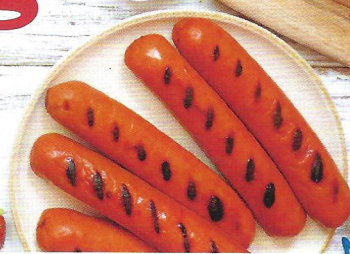
Happy 4th of July!

Harris Teeter makes celebrating with family and friends easy. We have quality fresh meats and veggies for grilling, delicious ready-made sides in our fresh foods department, plus, tasty desserts like peach crisp pie that everyone will want a piece of! So all we can say is...

Let's get
Grilling



what's
your go-to
flavor?



Visit our floral department to add some pop to the holiday festivities. We have floral arrangements, balloons and more!



4th of July Dessert Board

Ingredients:

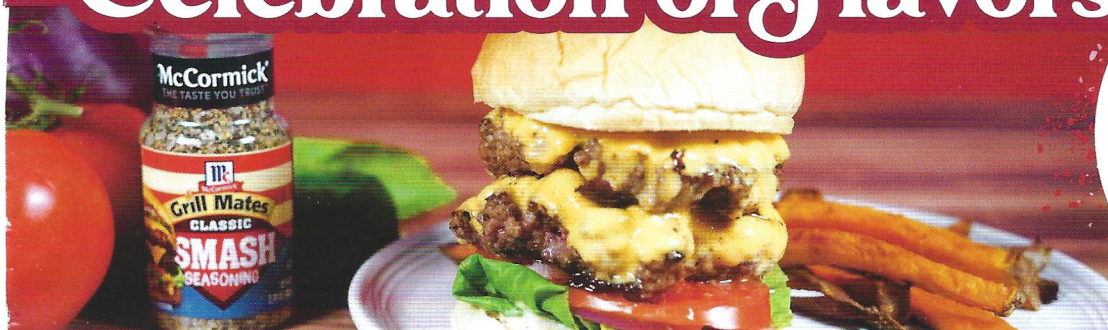
- 12 Cupcakes, theme color icing
- 12 maraschino cherries
- 1 strawberry-swirled pound cake, sliced
- 1 package yogurt covered pretzels
- 1 package cookie sandwiches
- 1 dash sprinkles
- 1 package candies, theme color
- 1 package fruits, theme color

Directions:

Assemble on plate or tray.



Celebration of Flavors



World Flavors Festival American inspired

Classic Smashed Burgers

Burger Sauce

- 1/2 cup mayonnaise
- 2 tablespoons tomato ketchup
- 1 tablespoon yellow mustard
- 1 tablespoon dill pickle relish
- 1/2 teaspoon McCormick® Grill Mates® Smash Burger Seasoning

Smashed Burgers

- 1 1/2 lbs. ground beef
- 4 teaspoons McCormick® Grill Mates® Smash Burger Seasoning, divided
- 8 slices cheese
- 4 hamburger rolls, toasted
- Assorted toppings: shredded lettuce, sliced tomatoes and sliced red onions

- 1 **For the Burger Sauce**, mix all ingredients in a small bowl. Cover. Set aside until ready to serve.
- 2 **For the Burgers**, divide meat evenly into 8 balls. Place on hot flat top grill. Smash meat using large heavy spatula to flatten. Sprinkle tops of patties evenly with 2 teaspoons of the seasoning.
- 3 Grill 2 to 3 minutes or just until crust forms on bottom of patties. Flip patties; sprinkle tops evenly with remaining 2 teaspoons Seasoning. Top each patty with cheese. Grill 1 minute longer or until cheese is melted and burgers are cooked through (internal temperature of 160°F).
- 4 To assemble, spread Burger Sauce on cut-sides of rolls. Place 2 patties on each roll and serve

Scan for more
American
inspired recipes.



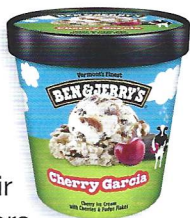
Dress up your burgers!



Creamy and tangy with a hint of BBQ. Dip or spread on burgers, sandwiches, wraps, or fries!

Fan Favorite

Cherry Ice Cream with Cherries & Fudge Flakes... the most famous of their fan-suggested flavors.



Refreshing Flavor

Crafted with a blend of 3 signature gingers for a bold, refreshing taste that's perfectly balanced.



Burger Sauce

Premium quality sauce to use as a tasty dip or spread on your favorite burgers for extra flavor!



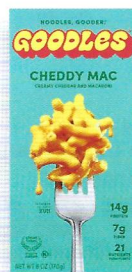
Wickedly Delicious

A custom blend of spices and fresh ingredients for an exciting new taste!



Creamy Noodles

Classic creamy cheddar mac tastes like your childhood, but eats like a balanced meal.



Harris Teeter
ROUND UP

give change,
create change

IN OUR STORES
SUPPORT



FOR THE PEOPLE WHO SERVE™

100% OF FUNDS
COLLECTED

DURING THE
CAMPAIGN WILL
BENEFIT YOUR STORE'S
LOCAL USO CENTER.

Discover Fresh and Organic

Prices good June 19 - July 16, 2024.



Farmers Market
Organic Hot House
Bunch Tomatoes

organics
PRICED
LOW

2.79

per lb.



6 oz. Farmers Market
Organic Blueberries

organics
PRICED
LOW

3.99

each



Simple Truth Organic 1 lb.
Mini Cucumbers or 2 ct. Peppers

organics
PRICED
LOW

3.99

each



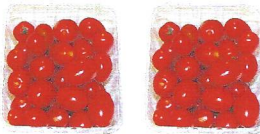
2 OZ.

Vive

Immunity Boost Shots

organics
PRICED
LOW

2 for \$6



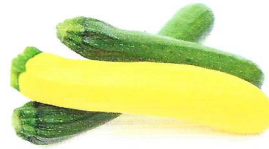
Farmers Market

Organic

Grape Tomatoes

organics
PRICED
LOW

2 for \$7



Farmers Market

Organic Yellow or
Zucchini Squash

organics
PRICED
LOW

2.79

per lb.



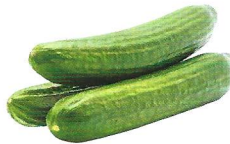
6 oz.

Simple Truth Organic
Portobello Caps

organics
PRICED
LOW

2 for \$7

each



Farmers Market

Organic Hot House
Cucumbers

organics
PRICED
LOW

2 for \$5

each



2 lb. bag

Simple Truth Organic
Fuji or Granny Smith
Apples

organics
PRICED
LOW

4.99

each



4 ct.

Simple Truth Organic
Avocados

organics
PRICED
LOW

6.99

each



organics
PRICED
LOW

12 OZ.

Lenny Boy
Kombuchas

2 for \$5

Farmers Market
Organic Red or Green
Seedless Grapes

organics
PRICED
LOW

5.99

per lb.



4 lb. bag
Simple Truth Organic
Oranges

organics
PRICED
LOW

7.99

each



1 lb. bag
Simple Truth Organic
Baby Carrots

organics
PRICED
LOW

2 for \$4



2 lb. Organic
Deglet
Noor Dates

organics
PRICED
LOW

9.99

each



Shopping Mindfully

The choices you feel good about right here... organic, natural, free from, responsibly sourced and more.



16 - 24 oz.
Simple Truth Organic
Pickles

2 for \$7

save BIG with your VIC card



8.5 oz.
Simple Truth Organic
Avocado Oil

7.99

save BIG with your VIC card



16 oz.
Koch's Organic
Ground Turkey

7.99

save at least \$1.00 each with your VIC card



12 oz.
Simple Truth Organic
Marinades

3.29

save BIG with your VIC card



16 oz. No Sugar Added
Simple Truth
Vanilla Frozen Dessert

3.99

save BIG with your VIC card



5 oz.
Simple Truth
Grain Free Tortilla Chips

2.99

save BIG with your VIC card



2.12 oz. Instant
Simple Truth Organic
Mushroom Coffee

8.99

save BIG with your VIC card



5 oz.
Simple Truth Organic
Chicken
Breast

2.99

save at least 40¢ each with your VIC card



4.25 - 4.68 oz.
Made Good Organic
Crackers, Squares,
Cookies, Minis and Bars

2 for \$7

save at least \$1.98 on 2 with your VIC card

6 pk. 16 oz.
Annie Chun's Organic
Seaweed Snacks

3.99

save at least \$2.00 each with your VIC card



.35 oz.
Annie Chun's Organic
Seaweed Snacks

3 for \$5

save at least \$1.86 on 3 with your VIC card



16 oz.
Once Again Organic
Cashew Butter

11.99

save at least \$3.00 each with your VIC card



16 oz.
Once Again Organic
Peanut Butter

7.99

save at least \$2.00 each with your VIC card



Shopping Made Easier

The items you want have attribute icons displayed on the tag



9 oz.
Back to Nature
Nut Mixes

8.99

save at least \$1.00 each
with your VIC card



4 oz.
Freestyle Snacks
Olives

4.99

save at least \$1.00 each
with your VIC card



12 oz.
G Hughes
Salad Dressing

3.99

save at least \$1.00 each
with your VIC card



16 oz.
Keto Pints
Ice Cream

4.99

save at least \$1.00 each
with your VIC card



14.1 oz.
Luxardo
Maraschino Cherries

19.99

save at least \$5.00 each
with your VIC card

Ask the Pharmacist

Can you provide guidance on staying cool and hydrated while working or exercising outdoors in hot weather?

- Wear light, loose-fitting clothing to avoid absorbing heat and excess sweating
- Sip water consistently throughout the day and always have a water bottle on hand
- If working in the heat, it is recommended to drink 8 ounces of water every 20 minutes. It is also recommended to drink a total of 64 ounces of water each day
- It is recommended to avoid sugary drinks, caffeine, and alcohol as these can cause dehydration
- Dehydration can lead to muscle cramps, and heat exhaustion



July 4th
Pharmacy
Hours:
9am-2pm

Harris Teeter
health and wellness



Going Somewhere this Summer?

VISIT THE PHARMACY FOR THESE VACCINATIONS:

• Flu • RSV • COVID-19 • Tdap • Pneumonia • Shingles • And many more

Make your next trip a healthy one.



For more information,
visit the pharmacy,
SCAN THE QR CODE
or, visit our site at:

[HarrisTeeter.com/vaccinations](https://www.harris-teeter.com/vaccinations)

 **Your health and wellness starts with us**

Great Taste

Better-for-you formula made with the highest quality ingredients so you can get a great boost out of every sip.



Premium

Picked and pressed in less than six hours, embrace the uncompromising taste and quality of Cobram Estate, California's most exceptional cold-pressed extra virgin olive oil.



Protection

The #1 dentist recommended brand for sensitive teeth. Also addresses multiple oral health needs, including whitening.



Protection

Eliminates stains and fights against cavities, plaque and gingivitis while preventing new stains and tartar buildup.



Nourishing

A hydration-boosting body wash for dry and dehydrated skin that deeply nourishes and renews skin for 24 hours.



Hurt Free

Made with MEMORY WEAVE® fabric for flexibility to stretch as you move. They won't stick to the wound, allowing for gentle removal.



Drool-Worthy Taste

Natural dog breath treats made with highly soluble ingredients that are safe and easy to digest. Vet-recommended for at-home oral health care.



Discover Inspiration

Celebrate Red, White and Blue! Charcuterie Boards

Check out some suggestions for creating your own Patriotic charcuterie board:

Red:

Strawberries, Raspberries, Watermelon, Dried Cherries, Red Radishes, Red Peppers, Cherry Tomatoes, Salami and Pepperoni and Jams

White:

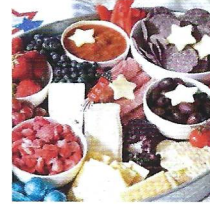
Cheeses like White Cheddar, Brie and Provolone

Rice, Multigrain and Snack Crackers
Nuts and Cauliflower

Blue:

Blueberries, Blackberries, Black and Purple Grapes, Figs, Olives and Blue Corn Chips

Look on harristeeter.com for our Red, White and Blue Snack Board Recipe or the All-American Charcuterie Board and more.



July 18

National Wine and Cheese Day



Reypenaer Explosion Gouda - available already wrapped - just grab and go or cut fresh exclusively at Harris Teeter. Pair it with J. Lohr Chardonnay.

BE SURE TO CHECK OUT WHAT'S

NEW

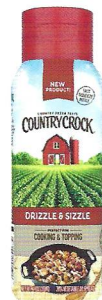
NEW



Meet Tillamook Chocolate Collection Ice Cream, made creamy and rich for crave-worthy spoonfuls.

NEW

Perfect for cooking and topping - featuring legendary buttery flavor



NEW

Snacking just got easier. Same great flavor. New bite size.



NEW

Carmichael's Honey provides premium, high-quality honey at a great value.



NEW

Expectedly nutritious, surprisingly delicious. Made with 1/4 cup of fruits and veggies per serving.



NEW

WisePies Pasta sauces are all-natural, made with premium ingredients.

NEW

Purina ONE dog food featuring real beef as the number one ingredient, high protein formula to promote lean muscle.



NEW

Mr. Clean Ultra Thick & Ultra Foamy Magic Erasers





Harris Teeter
YOUR NEIGHBORHOOD MARKET



KIDS GET A
FREE
COOKIE
IN THE BAKERY

Discover Fun!

Write a short sentence using the summer foods below.



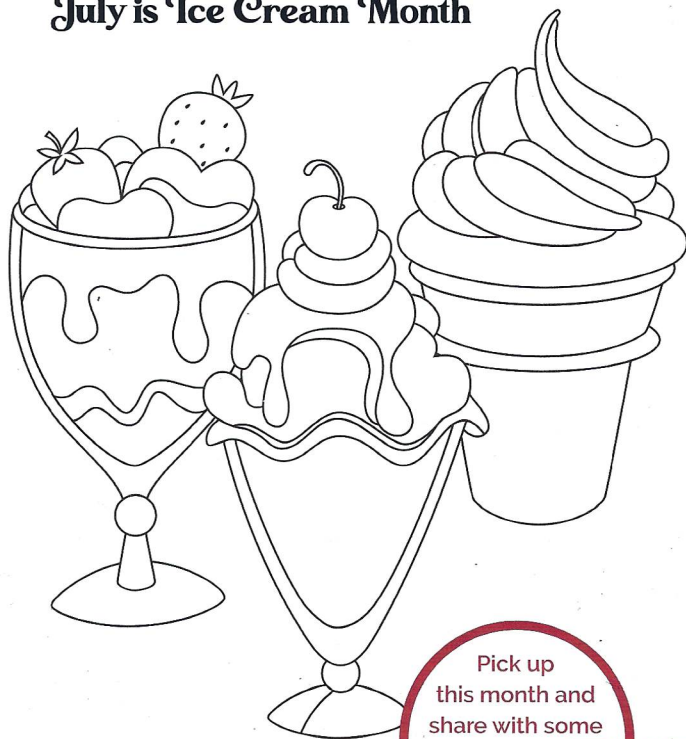








July is Ice Cream Month



Pick up
this month and
share with some
friends!



— ways to —
SAVE
my  Harris Teeter

visit harristeeter.com to find out
more about these programs



Join for personalized e-mails, unique
savings and access to digital coupons.

SAVE
\$100's
every month
when you join



Earn points every time you
shop using your VIC card.

SAVE
UP TO **\$1.00**
PER **GALLON***

*Terms & conditions apply.



Get
FREE Delivery
and
2X Fuel Points

Try it **FREE**
for **30 days**